



Meatloaf Cupcakes with Mashed Potato Icing

READY IN



70 min.

SERVINGS



18

CALORIES



280 kcal

Ingredients

- 0.3 cup butter
- 2 eggs beaten
- 2 cloves garlic finely chopped
- 0.7 cup catsup
- 2 lb ground beef 80% lean (at least)
- 0.3 cup milk
- 1 cup panko bread crumbs crispy
- 1 tablespoon parsley fresh italian coarsely chopped (flat-leaf)
- 6 large potatoes cubed peeled
- 1 small onion red finely chopped

- 18 servings salt and pepper
- 2 teaspoons worcestershire sauce

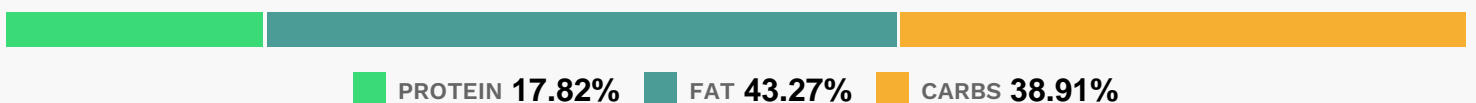
Equipment

- bowl
- sauce pan
- oven
- kitchen thermometer
- muffin liners

Directions

- Heat oven to 350F. Spray 18 regular-size muffin cups with cooking spray.
- In large bowl, mix Meatloaf ingredients until well combined. Divide mixture evenly among muffin cups, pressing mixture down firmly.
- Bake 35 to 40 minutes or until meat thermometer inserted in center of loaves reads 160F. Cool slightly in muffin cups.
- While loaves are baking, in 3-quart saucepan, place potatoes in generously salted cold water.
- Heat to boiling. Reduce heat; cook potatoes until fork-tender.
- Drain; return to saucepan.
- Add butter and 1/4 cup milk; mash until creamy and smooth, adding more milk as necessary. Season with salt and pepper. Make sure mashed potatoes are creamy and smooth so they can be piped onto meatloaves.
- Place potatoes in 10-inch decorating bag without tip. Starting at outside of loaf and in circular motion, pipe potatoes onto each meatloaf. If desired, garnish with additional parsley.
- Remove from muffin cups.

Nutrition Facts



Properties

Glycemic Index:14.49, Glycemic Load:15.95, Inflammation Score:-4, Nutrition Score:12.196521873059%

Flavonoids

Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg, Apigenin: 0.48mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg, Quercetin: 2.18mg

Nutrients (% of daily need)

Calories: 280.03kcal (14%), Fat: 13.52g (20.79%), Saturated Fat: 5.78g (36.13%), Carbohydrates: 27.34g (9.11%), Net Carbohydrates: 24.34g (8.85%), Sugar: 3.57g (3.97%), Cholesterol: 61.16mg (20.39%), Sodium: 377.55mg (16.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.52g (25.05%), Vitamin C: 25.53mg (30.95%), Vitamin B6: 0.57mg (28.29%), Potassium: 714.87mg (20.42%), Vitamin B12: 1.16µg (19.29%), Vitamin B3: 3.8mg (19%), Zinc: 2.63mg (17.5%), Phosphorus: 174.22mg (17.42%), Selenium: 10.51µg (15.01%), Iron: 2.28mg (12.69%), Manganese: 0.25mg (12.42%), Fiber: 3g (12%), Vitamin B1: 0.16mg (10.76%), Magnesium: 41.4mg (10.35%), Vitamin B2: 0.17mg (10.2%), Copper: 0.19mg (9.42%), Folate: 31.53µg (7.88%), Vitamin B5: 0.74mg (7.41%), Vitamin K: 7.66µg (7.29%), Calcium: 42.08mg (4.21%), Vitamin A: 178.14IU (3.56%), Vitamin E: 0.48mg (3.21%), Vitamin D: 0.19µg (1.24%)